



# Sigh. Still hungry. But too tired to eat any more.



standuponit

 [standuponit](https://standuponit.livejournal.com/)

<https://standuponit.livejournal.com/>  
2009-04-15 22:11:00

MOOD: 😊 hungry

MUSIC: Apocalyptica - Hall Of The Mountain King

So [there's a problem](https://www.livejournal.com/away?to=http%3A//www.fitday.com/fitness/PublicJournals.html%3FOwner%3Dcvillette%26Year%3D2009%26Month%3D3%26Day%3D15) (<https://www.livejournal.com/away?to=http%3A//www.fitday.com/fitness/PublicJournals.html%3FOwner%3Dcvillette%26Year%3D2009%26Month%3D3%26Day%3D15>) with adding parkour, yoga, swimming, and t'ai chi to my already busy schedule of work, WoW, climbing, life...

*I can't freaking stop eating.* Do you have any idea how hard it is to get 8000 low-fat, low-protein, low-refined-carb calories inside you in a day?

On the other hand, I have gained fifteen pounds since this time last year, and I think all of it is muscle.

(N.B: they were actually Clif Bars. I do have some standards. The peanuts were actually peanut butter, on the banana bread, but Fitday doesn't think you can make peanut butter that is just ground up peanuts and salt. Fortunately, beer has calories.)

**TAGS:** [eat to live](#), [food](#), [wacky metabolism](#)



[This looks like a good idea.](#)

...

[This.](#)

...

[Little guy's not bad.](#)

Gotta teach RHex to smear.

101 comments



 [renesears](#)

April 16 2009, 02:30:19 UTC

[COLLAPSE](#)

It's kind of funny that the ads across the bottom of the page were for weight loss programs, considering the food chart above them.... I laughed, anyway.



 [standuponit](#)

April 16 2009, 02:38:47 UTC

[COLLAPSE](#)

Don't worry: it never stops being funny.



 [renesears](#)



[April 16 2009, 03:00:34 UTC](#) [COLLAPSE](#)

I hope that didn't come across assholic. The juxtaposition on Fitday amused me, is all.



[standuponit](#)

[April 16 2009, 03:02:56 UTC](#) [COLLAPSE](#)

It's all good. And no, it is funny. They make all these assumptions!



[dancing\\_crow](#)

[April 16 2009, 02:42:44 UTC](#) [COLLAPSE](#)

I was just thinking that my lunch, which is lasting me until breakfast tomorrow, would have been a nice little high fat snack for you.

Living as an outlier is pretty uncomfortable, no matter which direction "normal" is.



[standuponit](#)

[April 16 2009, 02:52:26 UTC](#) [COLLAPSE](#)

So the other day I went into the kitchen to make myself a couple of sandwiches, and when I returned to consciousness, it was because the sound of the spoon scraping the bottom of the peanut butter jar was getting on my nerves, and my stomach was growling.

I had to put jam on the bread, and sort of chase the peanut butter with it.

Deconstructed sandwich!

On the other hand, it is easier to get around that much food if you don't pay too much attention to eating it.



[Ometochtli](#)

[April 16 2009, 03:20:25 UTC](#) [COLLAPSE](#)

Looks just the same by the time it gets to your stomach!

[dichroic](#)

[April 16 2009, 03:03:32 UTC](#) [COLLAPSE](#)

I was going to suggest the [gymrats](#) comm, because there are occasional discussions of related problems there (people who need to eat 5000+ calories for bulking) but then I realized not too many of those are also looking for low-protein.



[standuponit](#)

[April 16 2009, 03:09:51 UTC](#) [COLLAPSE](#)

Grape-Nuts. Except if I eat too many of them, my jaw aches. But they're just *loaded*. Pasta is good too.

[dichroic](#)

[April 16 2009, 03:20:30 UTC](#) [COLLAPSE](#)

Maybe granola? And I guess if the pasta is whole wheat - otherwise isn't it refined carbs?



[standuponit](#)

[April 16 2009, 03:36:16 UTC](#) [COLLAPSE](#)

I *really* don't do granola. Not if I want to keep anything else down for the rest of the day.

And yeah, if you look at my list, you'll notice the pasta is whole wheat.

This is bitching, not looking for answers, thanks.

I have a *slavedriver* nutritionist who's an expert on metabolic disorders. I check in once a month.



 [trollcatz](#)

[April 16 2009, 03:22:25 UTC](#)

[COLLAPSE](#)

But isn't that what gives you that lovely well-defined manly square jaw?



 [standuponit](#)

[April 16 2009, 03:36:45 UTC](#)

[COLLAPSE](#)

*Rew.*  
That's from chewing the walls.



 [trollcatz](#)

[April 16 2009, 03:39:40 UTC](#)

[COLLAPSE](#)

But thanks to the drywall screws, you don't have to floss!



 [standuponit](#)

[April 16 2009, 03:52:03 UTC](#)

[COLLAPSE](#)

Jesus fuck, I hope I never develop celiac disease. You'd have to take me out behind the chemical sheds and put me out of my misery.

*Deleted comment*



 [standuponit](#)

[April 16 2009, 13:36:15 UTC](#)

[COLLAPSE](#)

More like a hamster gnawing on a box. I'm not so much the ranty type.



 [trollcatz](#)

[April 16 2009, 13:38:44 UTC](#)

[COLLAPSE](#)

Because you've already forgotten the three-act riot *play* (with musical numbers and a full chorus and orchestra) that you read a certain senior federal employee last fall....

Ahem.

;-)



 [standuponit](#)

[April 16 2009, 13:39:46 UTC](#)

[COLLAPSE](#)

I'm sure I have no idea what you're talking about. Besides, I'm still employed. It can't have happened in the manner in which you present.

 [maki\\_to13](#)

[April 16 2009, 22:22:55 UTC](#)

[COLLAPSE](#)

My curiosity. You has it.



 [trollcatz](#)

[April 16 2009, 03:37:46 UTC](#)

[COLLAPSE](#)

You're trying to ignore me, aren't you? \*g\*



[standuponit](#)

April 16 2009, 03:48:58 UTC

[COLLAPSE](#)

Nonsense. I see you right there.

 [magpie49](#)

April 16 2009, 05:44:35 UTC

[COLLAPSE](#)

Grape-Nuts? Have you tried pouring boiling water (half the amount of fluid you would ultimately use) on them and letting them sit for 5 minutes before adding the honey and milk (other half of the fluid quantity)? Makes it a LOT less like chewing uncooked gravel.

 [standuponit](#)

April 16 2009, 12:02:20 UTC

[COLLAPSE](#)

Yes, but then I might as well eat oatmeal, since it tastes better. \*g\*

 [magpie49](#)

April 16 2009, 19:06:39 UTC

[COLLAPSE](#)

That's a very good point you make.

 [kayjayoh](#)

April 17 2009, 05:02:15 UTC

[COLLAPSE](#)

Mmm, oatmeal.

Have you ever seen/tried [Neil Gaiman's method](#) of oatmeal cookery? It's pretty much the only way I make it now, though I cut the butter way down. (and I say this as a Wisconsin girl.)

I like to find new and interesting things to sweeten it with, besides the traditional brown sugar. The most nom-eriffic version I've tried used the remainder of some homemade (and canned by a friend) apple pie filling.

Gets me through the winters.



[standuponit](#)

April 17 2009, 11:49:24 UTC

[COLLAPSE](#)

I generally go with the less labor-intensive and healthier Alton Brown overnight crockpot method.

mmm.

Steel-cut oats are a necessity.

 [kayjayoh](#)

April 17 2009, 19:25:28 UTC

[COLLAPSE](#)

I don't find it all that labor intensive, but I can definitely see the "less healthy" end of things. I think the important part is the roasting of the oats...the butter could probably be forgone entirely (and saved for toast), I'm sure. Dry heat in a cast iron pan would do it.

 [inaurolillium](#)

April 16 2009, 03:03:38 UTC

[COLLAPSE](#)

\*boggles at the mere thought of 8000 calories\*



 [standuponit](#)

April 16 2009, 03:08:38 UTC [COLLAPSE](#)

Imagine if I were an Olympic swimmer!

 [inaurolillium](#)

April 16 2009, 03:11:34 UTC [COLLAPSE](#)

\*tries\*

\*eyes glaze over\*

\*sort of collapses into a little heap\*

\*recovers enough to say\*

I dunno if you've had time in your busy schedule to keep up with LJ, but I'm starting my own place!

 [standuponit](#)

April 16 2009, 03:29:44 UTC [COLLAPSE](#)

Sort of a fry by night industry. \*g\*

 [inaurolillium](#)

April 16 2009, 03:44:19 UTC [COLLAPSE](#)

\*groan\* OK, so you *have* been paying attention. I'm just excited about it. :)



 [standuponit](#)

April 16 2009, 03:47:08 UTC [COLLAPSE](#)

I'm excited for you. When do you open?

 [inaurolillium](#)

April 16 2009, 03:50:27 UTC [COLLAPSE](#)

No firm date, yet, but I'm aiming for sometime in the first half of June. \*deep breath\*



 [standuponit](#)

April 16 2009, 03:53:01 UTC [COLLAPSE](#)

!!!

 [inaurolillium](#)

April 16 2009, 04:00:26 UTC [COLLAPSE](#)

I know! \*hyperventilates\*

 [matociquala](#)

April 16 2009, 03:54:11 UTC [COLLAPSE](#)

Does this mean that when I'm out there for Clarion I can come crash your cart?

 [inaurolillium](#)

April 16 2009, 03:56:06 UTC [COLLAPSE](#)

If you *don't* come crash my cart, I will be sad and disappointed and may cry.

Now, if I can just get the mountain of shit done between now and then...

 [matociquala](#)

April 16 2009, 04:03:21 UTC [COLLAPSE](#)

Win!

Week before July 4, BTW, and I'm going to try to stay on a bit after. We need to have fun.

 [inaurolillium](#)

[April 16 2009, 04:08:14 UTC](#)

[COLLAPSE](#)

Woohoo! I'll take you on the Cook's Tour of the Market, and quite possibly I will have to take you to Lunchbox Laboratory for a dork burger, and... Oh, should I come up with non-foodie things?

:D

You just tell me how much time you've got for fun, and Glinda and I will put our heads together, and fill it.

 [matociquala](#)

[April 16 2009, 04:09:52 UTC](#)

[COLLAPSE](#)

I'm supposed to go climbing with Kij at some point, but pretty much in strange towns I throw myself upon the mercy of those what live there.

eee!

 [glinda\\_w](#)

[April 19 2009, 02:47:30 UTC](#)

[COLLAPSE](#)

Squee!

(I've been offline since Wednesday night (DSL modem failure) and since the modem didn't arrive today, I've resorted to dial-up. I may never catch up.)

 [txeanne](#)

[April 16 2009, 03:03:53 UTC](#)

[COLLAPSE](#)

Low-fat...bummer. I've got the best cake recipe in the world, but it takes 2 sticks of butter, and margarine won't work. (We won't mention the 4 eggs.)



 [standuponit](#)

[April 16 2009, 03:07:54 UTC](#)

[COLLAPSE](#)

I like cake recipes. \*puppy dog eyes\*

(It's not like I can't eat cake. And I do, more often than I should. It's just that the smaller a percentage of what I eat the cake is, the longer the heart and pancreas keep working. Likewise, steak/kidneys. And so on.)

 [Ometotchtli](#)

[April 16 2009, 03:26:20 UTC](#)

[COLLAPSE](#)

Whereas without cake, my heart and pancreas don't think it's worth getting out of bed in the morning.

 [standuponit](#)

[April 16 2009, 03:32:08 UTC](#)

[COLLAPSE](#)

The ring dings still speak your name in whispers.



**txanne**

April 16 2009, 03:34:09 UTC [COLLAPSE](#)

It's guaranteed to vanish within seconds of the aroma reaching one's colleagues. When I can muster the energy to go find the recipe I'll send it you.



**standuponit**

April 16 2009, 03:43:15 UTC [COLLAPSE](#)

Thank you.



**asciikitty**

April 16 2009, 03:16:20 UTC [COLLAPSE](#)

re: Cliff Bars: have you tried Larabars? they've only got one flavor that I really love, but they're also the first of the food-in-bars that I've had that my mouth thinks is food. nothing but fruit and nuts, see.



**standuponit**

April 16 2009, 03:24:55 UTC [COLLAPSE](#)

...I actually kind of don't mind Clif Bars. As long as there's enough coffee around to wash them down with. And my gym sells them, and so do most convenience and grocery stores. (The Larabars are reasonably tasty, but they are hard to find and have a lot more fat--it's where they make up their calorie load--although the damned Clif bars have too much protein. Hmm. Coronary artery disease or kidney failure? I ask myself every day....)



**asciikitty**

April 16 2009, 03:38:13 UTC [COLLAPSE](#)

see, I kind of like the *taste* of other kinds of food bars. It's just, after the second bite my mouth says something like "hello. this is not food. please stop eating right now."

but, yeah, it hadn't occurred to me how much fat they'd need to have - I tend to look at cholesterol, and of course they don't have any of that.



**trollcatz**

April 16 2009, 03:18:29 UTC [COLLAPSE](#)

I hereby declare you are permitted to talk with your mouth full. Otherwise you'd either never talk or starve to death.

If anyone asks, tell 'em I said so!



**standuponit**

April 16 2009, 03:26:45 UTC [COLLAPSE](#)

omnumblemom.

The lentils actually came out really well. And I did a new thing with the sweet potatoes: sliced into strips, sprayed with cooking spray, oven-roasted. Carry them around and snack on them as needed.

It's a good thing Dad doesn't mind if I eat in meetings.



**trollcatz**

April 16 2009, 03:29:39 UTC [COLLAPSE](#)

Oh! Sort of sweet potato jerky!



[standuponit](#)

[April 16 2009, 03:31:16 UTC](#)

[COLLAPSE](#)

Only soft and fluffy in the middle!

[barsukthom](#)

[April 16 2009, 03:22:42 UTC](#)

[COLLAPSE](#)

Is honey permitted? (He said, remebering the wrestlers in High School)

Honey/PB sandwiches are like teh awesome. And in "Mad Max" 'Ganic PB may stay closer to true peanuts. Sunflower seed butter? I think I've seen it.



[standuponit](#)

[April 16 2009, 03:29:02 UTC](#)

[COLLAPSE](#)

Yeah, I have eaten those things.

*Deleted comment*

[standuponit](#)

[April 16 2009, 03:57:32 UTC](#)

[COLLAPSE](#)

I made it through my undergrad career on garlic bread. \*Loaves\* of it. Because you could always get bread, butter, and garlic, and there was cheese on the salad bar. Zap in microwave, eat, live another day.

That and apples. Because there were always apples. And milk by the gallon.

*Deleted comment*

[dichroic](#)

[April 16 2009, 07:23:39 UTC](#)

[COLLAPSE](#)

I worked in dining service as an undergrad, and used to get scolded by our boss for carrying the milk boxes for those by myself (instead of asking a guy to do it). Something about it causing my female organs to drop, as I recall (they're still all there in place, as far as I know).



[standuponit](#)

[April 16 2009, 12:09:19 UTC](#)

[COLLAPSE](#)

Cows! Fabulous cybernetic cows!

...no idea what you're talking about.

[cjtremlett](#)

[April 16 2009, 12:01:32 UTC](#)

[COLLAPSE](#)

They didn't have the cereal bar when you were there? By finals week, I was practically living on cereal since it tended to be the only edible thing available!

[barsukthom](#)

[April 16 2009, 13:25:14 UTC](#)

[COLLAPSE](#)

Ahh, food service. Memories, sweet memories.

One time, they tried to serve us Peanut Butter Soup. In MN. It stayed out for several days before they tossed it as a bad idea.

Then there was the catfish.



 [Ometotchtli](#)

[April 16 2009, 15:02:49 UTC](#) [COLLAPSE](#)

Do not eat fish prepared by a college food service. It won't kill you, but you might wish it would.

 [barsukthom](#)

[April 16 2009, 15:19:18 UTC](#) [COLLAPSE](#)

Happily, I dodged the catfish bullet, but a few of my friends did not.

Oh, woes.



 [trollcatz](#)

[April 17 2009, 04:04:56 UTC](#) [COLLAPSE](#)

Catfish Bullet. I think it's a band name.

\*wanders off to bed, possibly too late\*

 [barsukthom](#)

[April 17 2009, 13:00:54 UTC](#) [COLLAPSE](#)

And their hit songs,

"Pondscum", "Bottom feeder", "Something's Fishy" (A blues tribute), "I'm Hooked on You" (A beautiful Metal Ballad), and "Don't Keep Me On Your Stringer". They went gold on Feb. 30th, 1999.

 [sprrwhwk](#)

[April 16 2009, 23:15:59 UTC](#) [COLLAPSE](#)

I should ask my friends who went to Luther College in Minnesota whether that goes double for lutefisk prepared by a college food service.

 [kayjayoh](#)

[April 17 2009, 05:06:42 UTC](#) [COLLAPSE](#)

I did not go to Luther, but the answer to the question is Yes. It has to be.



 [Ometotchtli](#)

[April 16 2009, 03:23:33 UTC](#) [COLLAPSE](#)

There's no help for it. You'll just have to give up work.

 [standuponit](#)

[April 16 2009, 03:27:47 UTC](#) [COLLAPSE](#)

I like the way you think. Shall I fill my empty hours rubbing your feet, my queen?

...no, no good, Mom would just find me under your desk and hand me file folders.



 [Ometotchtli](#)

[April 16 2009, 03:35:16 UTC](#) [COLLAPSE](#)

Right after she said, "Villette? Which of you do I need to explain the sexual harrassment policy to?"

(While looking at *me*, of course. =:+B)



 [standuponit](#)

[April 16 2009, 03:50:04 UTC](#) [COLLAPSE](#)

Sure. Because she knows how long I'd live if I were harrassng you. Besides, you have seniority.



[eljefe](#)

April 16 2009, 03:35:46 UTC

[COLLAPSE](#)

MRE's are something like 3000 calories apiece, IIRC. On the other hand, most of them taste like ass. Gripping hand, in the field operating unsupported I ate two to three of the damn things a day and still lost weight.



[standuponit](#)

April 16 2009, 03:39:12 UTC

[COLLAPSE](#)

Yeah. Too much fat and protein, though. And also, gross.

I have to eat like a swimmer: all complex carbs.

I'm not surprised you lost weight on that. The whole 2200-calories-a-day thing assumes you spend most of your life in a chair.



[eljefe](#)

April 16 2009, 03:55:16 UTC

[COLLAPSE](#)

Well, I'm sure running around in the heat with an 80 pound ruck helped a bit. \*wry grin\*

FWIW, I need to adjust my focus more onto diet like you. I've ramped up my cardio, but am still on a See-food diet.  
\*facepalm\*



[standuponit](#)

April 16 2009, 04:02:05 UTC

[COLLAPSE](#)

Mine is more like "go out searching wildly for food everywhere diet."

And you probably don't need to go all carbtastic, do you? Although I guess cutting out the white stuff almost never hurts.



[eljefe](#)

April 16 2009, 04:09:35 UTC

[COLLAPSE](#)

But the bread, it's sooooo good. And my boss brought in homemade banana bread yesterday, and cottage cheese/avocado/jalapeno dip before that.

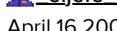


[blackcoat](#)

April 16 2009, 16:28:39 UTC

[COLLAPSE](#)

I want your boss. Mine only ever brings canned chili.

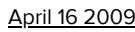


[eljefe](#)

April 16 2009, 18:26:18 UTC

[COLLAPSE](#)

If you can clear the fence and outrun security, maybe you can grab her



[blackcoat](#)

April 16 2009, 18:48:19 UTC

[COLLAPSE](#)

First one's easy.

Second one...depends on the security.

But I'm pretty sure that I can't move faster then 2900fps. ;-)



[calanthe\\_b](#)

April 16 2009, 03:38:44 UTC

[COLLAPSE](#)

...Chiana icon! ~matches with Pirate Jool~

*Fitday doesn't think you can make peanut butter that is just ground up peanuts and salt.*

Obviously Fitday has never been in your average health-food shop, then.

Actually, the one my mother used to buy in bulk from, when I was small and we were permanently underfunded, didn't bother with the salt. It just ground up the peanuts, there on the spot, and what you added to them thereafter was your own business (in my case, honey, subcategory bluegum).

That shop mixed up its own Vegemite, too. ~g~ It wasn't only the smell of the place that made me decide it was a black hole of ultimate evil masquerading as a business...



[standuponit](#)

April 16 2009, 03:41:05 UTC

[COLLAPSE](#)

0.0

I can't eat the fake peanut butter anymore, but just-peanuts is fine. Just-peanuts that smell like vegemite, however....



[calanthe\\_b](#)

April 16 2009, 04:15:34 UTC

[COLLAPSE](#)

~g~ The peanut butter didn't smell like Vegemite if we got it out of the shop quickly enough, thankfully. Wouldn't have been able to eat it if it had...

 [korvarthefox](#)

April 16 2009, 11:48:34 UTC

[COLLAPSE](#)

...and what is wrong with Vegemite, I ask?



[standuponit](#)

April 16 2009, 15:35:41 UTC

[COLLAPSE](#)

I will not allow the Vegemite religious war to be fought on my LJ!



[calanthe\\_b](#)

April 16 2009, 22:52:08 UTC

[COLLAPSE](#)

~g~ Start with the fact that it's made from the leavings of the beer-brewing process and work up!

 [kayjayoh](#)

April 17 2009, 05:12:25 UTC

[COLLAPSE](#)

I'm with you on this. Not only in flavor but in texture, I think. Pretty much any food is better when it is the real thing. (Of course, having just finished reading *In Defense of Food: an Eater's Manifesto* I guess I could say that the uber processed stuff doesn't actually qualify as "food" in the first place.)

 [sprrwhwk](#)

April 16 2009, 23:23:14 UTC

[COLLAPSE](#)

*Fitday doesn't think you can make peanut butter that is just ground up peanuts and salt.*

That surprises me. My local conventional non-eco-aware big national chain grocery store carries peanut butter that is just ground up peanuts and salt (Teddie brand). Maybe it's an East Coast thing.

 [blackcoat](#)

April 16 2009, 04:39:24 UTC [COLLAPSE](#)

Yes.

When I was a teenager, I was a) Running 4-12 miles a day, and b) spending 3-8 hours a day in a dojo.

I was eating somewhere around 6500 calories a day, (although iirc, 2k of it was protein)

What server do you play on, btw? (And..before I decide that I like you more...Horde or Ally?)



 [standuponit](#)

April 16 2009, 12:11:08 UTC [COLLAPSE](#)

Something about the phrasing of that question makes me loathe to answer it....

 [blackcoat](#)

April 16 2009, 15:15:09 UTC [COLLAPSE](#)

Alright, let me rephrase...

"Before I decide of I will no longer be able to tolerate the sight of you, or fight next to you for at the last battle; do you fight for the glorious and honorable Horde, or the vile, backstabbing, lying, cheating, threat to the world creating[1], low down, dirty, nasty, straight up EVIL Alliance?"

[1]Ever notice how all the really big shit got created by the Alliance?

Original letting in of Sargeras? Night Elves.

Arthas? Human.

The whole \*THING\* with gnomergon? Gnomes.

Letting Infernus out? Dwarves.

The hell is wrong with those folk?



 [standuponit](#)

April 16 2009, 15:24:49 UTC [COLLAPSE](#)

Oh, trolls all the way. But I'm just not that committed to an ideology.

(I'm a casual player at best: it's something to do when the insomnia strikes.)



 [mudandflame](#)

April 16 2009, 20:58:09 UTC [COLLAPSE](#)

Trolls never are committed to an ideology, are they? They just pick whatever opinions will annoy people the most.

Oh, THOSE trolls. Never mind.

So what class is a platypus (other than Mammalia of course)?



 [Ometotchli](#)

April 16 2009, 15:34:08 UTC [COLLAPSE](#)

I bet Homeland Security forbids federal employees from answering that question. WoW might be used to train terrorists. (What? They think everything else could be...)

Also, avoid anyone walking a miniature poodle. Miniature poodles might be rigged to explode.

(Why, yes, I *do* feel safer!)

 [blackcoat](#)

[April 16 2009, 16:16:47 UTC](#) [COLLAPSE](#)

Look up project Reynard.

It's DNI, not DHS, but yeah.



 [Ometotchtli](#)

[April 16 2009, 20:54:20 UTC](#) [COLLAPSE](#)

...Someone needs a hobby. And I don't think it's us.

 [blackcoat](#)

[April 16 2009, 21:05:31 UTC](#) [COLLAPSE](#)

I have a hobby. Several. One of which is keeping track of stupid shit my government tries to do with my money. I, however, maintain that this is a bunch of guys who figured out how they could play their MMO of choice for work.

 [sprrwhwk](#)

[April 16 2009, 23:33:42 UTC](#) [COLLAPSE](#)

Even with a normal metabolism, I remember, on the hiking trip, pushing 3000+ calories a day, pacing myself so as not to eat all our week's worth of food in one go, and being \*constantly hungry\*. That wasn't fun for two weeks -- I can only imagine that living that way would be worse.

Also, icon love! <3

[damn...](#)

 [alumiere](#)

[April 17 2009, 11:49:59 UTC](#) [COLLAPSE](#)

not really... i struggle to get 1200 cals a day - but i'm to stay below 100g carbs (and no soy, low dairy, low fat) - well doc would be happier with less than 20g carbs, but then i start dropping weight like crazy and feel like absolute shit - stupid body

and my diet/exercise tracker thinks i don't get enough calories but my weight is stable and i have a reasonable amount of energy

i don't think i could eat 8000 cals a day if i was stuffing my face from when i woke up to when i went to bed

[Re: damn...](#)

 [alumiere](#)

[April 17 2009, 12:11:10 UTC](#) [COLLAPSE](#)

fyi - i use spark; here's my daily total for today (pretty average); if i am doing serious heavy cardio i get a few more carbs to offset the amount that i burn

Calories Fat Carbohydrates Protein Fiber, total dietary

1,093 51 74 93 29 TODAY

1000-1800 39-80 30-100 50-160 10-40 GOAL



**Re: damn...**

 **standuponit**

April 17 2009, 15:45:19 UTC [COLLAPSE](#)

Wow. That soundds like an impossible project. At least my dietary restrictions are along the lines of guidelines rather than laws.

Sympathy!

---

This looks like a good idea.

...

This...

...

Little guy's not bad.

Gotta teach RHex to smear.